

October 2006



To register for a class, please call the respective numbers.

Makalapa 473-0247

Kaneohe Bay 257-2131

Questions for Health Promotion: 473-1880 EXT. 282/283

Naval Health Clinic Hawaii Health Promotion presents:

October is Mental Health Month

For additional information and resources visit Health Promotion or call 473-1880 EXT 282.

Mon	Tue	Wed	Thu	Fri
2	3 Makalapa Nutrition / Weight Mgt 1000-1100 K-Bay Tobacco Cessation 1 1400-1500	4 Makalapa Tobacco Cessation 1 1000-1100 OR 1630-1730	 <p>Relax your mind</p> <p>Look at what you are saying to yourself! Talking positively to yourself may reduce your level of distress. Try telling yourself:</p> <ul style="list-style-type: none"> - I can cope. - Do not assume the worst will happen - Do not make this a bigger deal than it is 	
Relax Your Body Breathe slowly and deeply from your abdomen. Picture yourself as a rag doll, feeling limp, loose, flexible and relaxed. Relax your muscles. First tense your muscles for five seconds then release the tension. Begin with your head and work down your neck, shoulders, back, stomach, arms, buttocks, legs and feet. Return to any muscle groups that are tense and repeat.	10 K-Bay Tobacco Cessation 2 1400-1500	11 Makalapa Tobacco Cessation 2 1000-1100 OR 1630-1730 K-Bay Healthy Heart 0900-1000	12 	13 K-Bay Self-Care 0900-1000
	17 K-Bay Nutrition / Weight Mgt 0900-1000 Makalapa Nutrition / Weight Mgt 1300-1400 K-Bay Tobacco Cessation 3 1400-1500	18 Makalapa Tobacco Cessation 3 1000-1100 OR 1630-1730	19 Makalapa Healthy Heart 1000-1100	20 
23 	24 K-Bay Tobacco Cessation 4 1400-1500	25 Makalapa Tobacco Cessation 4 1000-1100 OR 1630-1730	26	27 K-Bay Self-Care 0900-1000
30	31		Post-Traumatic Stress Disorder (PTSD) <ul style="list-style-type: none"> • At least 3.6 percent of U.S. adults (5.2 million Americans) have PTSD during the course of a year. • About 30 percent of the men and women who have spent time in war zones experience PTSD. • One million war veterans developed PTSD after serving in Vietnam. • PTSD has also been detected among veterans of the Persian Gulf War, with some estimates running as high as 8 percent. 	